

May 2025 THRIVE Everywhere Calendar

For our most current information/updates, please visit www.ThriveLI.org

KEY: GREEN – Nassau County BLUE – Suffolk County INDIGO-- Hybrid

ORANGE – Community Engagements PURPLE—Special Events

Back of calendar contains group and event descriptions!

 <https://www.facebook.com/THRIVErecovery/>  [thrive_recovery](https://www.instagram.com/thrive_recovery)



Phone: 516-434-8397
Email: thriveeverywhere@fcali.org
Suffolk: 1324 Motor Parkway, Suite 102, Hauppauge, NY 11749
East End: 680 Elton Street, Riverhead, NY 11901
Nassau: 1025 Old Country Road, Suite 400, Westbury, NY 11590
(USE ENTRANCE ON CORNER OF BOND STREET & OLD COUNTRY RD)

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Call us at 516-434-8397 for more information on our Recovery Events.</p>						
4	5	6	7	8	9	10
	<p>5:30pm-7:30pm Rooted in Recovery: Seedling Starter Event @ THRIVE Nassau</p>	<p>6pm-7pm Dad's in Recovery Discussion Group @ YES! (Levittown & ZOOM)</p>				<p>7:30pm-9pm Yoga for Recovery with live music @ Yoga Moksha (Huntington)</p>
11	12	13	14	15	16	17
		<p>6pm-7pm Dad's in Recovery Discussion Group @ YES! (Levittown & ZOOM)</p>	<p>3:30-6pm Grand Gardening @ The Garden at St. Francis</p>			
18	19	20	21	22	23	24
		<p>6pm-7pm Dad's in Recovery Discussion Group @ YES! (Levittown & ZOOM)</p>				<p>7:30pm-9pm Yoga for Recovery @ Yoga Moksha (Huntington)</p>
25	26	27	28	29	30	31
		<p>6pm-7pm Dad's in Recovery Discussion Group @ YES! (Levittown & ZOOM)</p>	<p>6:30-7:30pm Japa Walk and Kirtan @ The Garden at St. Francis</p>			

MONDAYS:

Rooted in Recovery: Seedling Starter Event from 5:30pm-7:30pm @ THRIVE

Nassau: Together, we'll plant seedlings in trays that will soon find their home in the THRIVE Recovery Garden. Whether you have a green thumb or are just starting out, this hands-on activity is a great way to nurture new beginnings — both in the soil and in ourselves. All planting supplies will be provided, and light refreshments will be available.

Location: THRIVE Nassau- 1025 Old Country Rd, Suite 400, Westbury (Entrance on Bond St.)

TUESDAYS:

Dad's Discussion from 6:00pm-7:00pm: Calling all dads! Join us every Tuesday in person or on ZOOM for a weekly recovery-based discussion group for dads. For more information, please contact Jason at 516-460-4598.

Location: YES! Levittown Office- 152 Center Lane 2nd Floor, Levittown, NY

WEDNESDAYS:

5/14/2025 – Grand Gardening from 3:30pm-6pm @ The Garden at St. Francis,

North Bellmore: Join us as we kick off the season by planting flowers and preparing the garden for a new year of growth, healing, and connection. All are welcome to lend a hand or simply enjoy the space.

Location: St. Francis Episcopal Church- 1692 Bellmore Ave, North Bellmore, NY 11710

5/28/2025 - Roots of Healing Summer Series: Japa Walk & Kirtan in the Garden from 6:30pm-7:30pm @ The Garden at St. Francis, North Bellmore:

This month's event features a guided Japa meditation walk through the labyrinth, where participants will use mala beads to anchor their breath, focus, and intention. The evening will culminate with Kirtan—a joyful, heart-opening call-and-response chanting experience that fosters connection, healing, and inner peace.

Location: St. Francis Episcopal Church- 1692 Bellmore Ave, North Bellmore, NY 11710

SATURDAYS:

5/10/25 Yoga for Recovery: Move with the Music from 7:30pm-9:00pm @ Yoga

Moksha: Join us for a special Yoga for Recovery. We will discuss how music flows through different tempos and genres, just like we do. We will experience the healing power of music as our meditation and movement will be accompanied by LIVE music performed by musician and yoga teacher, Ken Russo.

Location: Yoga Moksha- 195 E Main St, Huntington, NY 11743

Yoga for Recovery 2nd and 4th Saturday of Every month from 7:30pm-9:00pm

@ Yoga Moksha: Yoga for Recovery is designed to introduce the understanding that yoga is a healing modality. We will explore through discussion, sound healing, breathwork and more. Yoga can benefit everyone, including people recovering from addiction. For more information, please contact 516-310-2531.

Location: Yoga Moksha- 195 E Main St, Huntington, NY 11743